

ADULTS

Adult Mini Classes

Adult CPR & First Aid

Attend both the adult CPR and First Aid portions or opt to leave after the 4½ hour CPR portion. Instruction in the techniques of rescue breathing, CPR and management of airway obstruction for victims ages 8 to adult. First Aid will cover most emergency situations including heat and cold related emergencies, bandaging, bleeding, shock, fractures, burns and common illnesses. American Red Cross certification will be awarded upon successful completion of the course. Individuals registering for the day should bring lunch. Note: \$12.50 textbook fee payable to the instructor. If registering for more than one CPR or First Aid workshop, participants need only purchase one book.

CPR

Register by: 4/13
#10758 Sat Apr 24 8:30 am-1 pm
\$34(R)/\$39(N) Ages: 11 + Noll Site: SC

First Aid - Pre-requisite #10758

Register by: 4/13
#10759 Sat Apr 24 1 pm-5:30 pm
\$24(R)/\$28(N) Ages: 11 + Noll Site: SC

Alternative Medicines

Learn about drug-free approaches to better health and the principles of alternative medicine. Find out why combining it with traditional medicine may be the best way to maintain and/or regain wellness. Self help acupuncture techniques also will be discussed.

Register by: 4/27
#10508 Tue May 4 7 pm-8:30 pm
\$5(R)/\$6(N) Ages: 18 + Rifkin Site: SC

Designs on Glass

Welcome spring with whimsical painted glass items you create. Freshen up an old vase or paint a unique birthday plate. Lemonade, ice tea or margarita glasses or a pitcher will be some of the choices to paint and enjoy for summer time entertaining. Evening will consist of choosing from a selection of items to paint, supplies and instruction. Note: \$15 supply fee payable to the instructor.

Register by: April 13
#10507 Thu Apr 22 7 pm-8:45 pm
\$11(R)/\$13(N) Ages: 18 + Pasquariello Site: SC



High Speed Wireless Internet

Learn the basics on free wireless Internet access and how adjacent neighbors can split the cost of high speed wireless Internet access. Find which coffee shops, hotels and airports offer wireless Internet access. Knowledge of computers NOT required.

Register by: 5/4
#10757 Tue May 11-18 7 pm-9 pm
\$19(R)/\$22(N) Ages: 18 + Walker Site: SC

Infant & Child CPR

Learn how to recognize and take steps to prevent childhood accidents. Know what to do for choking and cardiac or respiratory arrest in infants and children, newborn to age 8. This class is recommended for parents, grandparents and childcare providers. Red Cross certification will be given upon successful completion of course. Note: \$12.50 textbook fee payable to the instructor. If registering for more than one CPR or First Aid workshop, participants need purchase only one book.

Register by: 4/13
#10754 Thu Apr 22 5:15 pm-10:45 pm
\$34(R)/\$39(N) Ages: 11 + Noll Site: SC

Walking Tour of Civil War Rockville

Tour Rockville of the 1860s, a small town divided by loyalties but united by community. Occupied by armies throughout the war, Rockville was visited by Generals McClellan, Stuart and Early. Meet some local characters and prepare for the Civil War Weekend on June 12 & 13, 2004, presented by Peerless Rockville. Note: Rain date 4/24.

Register by: 4/8
#10501 Sat Apr 17 9:30 am-11 am
\$3(R)/\$4(N) Ages: 18 + McGuckian Site: ORBC

Wine Workshop

Increase your knowledge of wines and how they are made. This workshop is geared for beginning and intermediate les amis du vin (friends of wine). Wine presenters Neill Bassford and Bob Cecil are working partners in Elk Run Vineyards, an operating winery in Frederick County. Note: Participants must supply photo I.D. upon request. Cancellations must be received in writing at least 48 hours prior to each workshop for a refund. A free tour of Elk Run Vineyards will be offered to participants on a future date. Attendees will be responsible for their own transportation

Wines of Germany and Austria

The major grapes and wine producing regions of each country will be discussed. Wines representing the most significant areas will be presented for tasting and comment. Register by: 4/20

#10729 Thu Apr 29 7:30 pm-9:30 pm
\$28(R)/\$32(N) Ages: 21 + Cecil Site: GM

ADULTS

SPRING 2004

Arts/Dance/Leisure Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.

Ballet for Adults

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Note: If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person. See Teen Ballet for more classes.

Adv./Ages 13+. 7 weeks.

#10299	Tue	Apr 20-Jun 1	6:30 pm-7:45 pm
\$46(R)/\$53(N)	Ages: 13 +	Mangan	Site: RBC

Adv./Ages 13+. 7 weeks.

#10300	Thu	Apr 22-Jun 3	6:30 pm-7:45 pm
\$46(R)/\$53(N)	Ages: 13 +	Mangan	Site: RBC

Adv. Beg./Ages 13+. 7 weeks.

#10301	Thu	Apr 22-Jun 3	7:45 pm-9 pm
\$46(R)/\$53(N)	Ages: 13 +	Mangan	Site: RBC

Ballroom Dance

Even if you think you have 'two left feet' come join us, have fun and be surprised at what you can learn! We will teach you the basic steps in the standard ballroom dances (Foxtrot, Cha Cha, Waltz, Swing, Rumba and Tango). Note: Class and fee is for couples only. 8 weeks.

Beginner

#10316	Wed	Apr 21-Jun 9	7:30 pm-8:30 pm
\$79(R)/\$91(N)	Ages: 16 +	Mola	Site: RPES

Intermediate

#10376	Wed	Apr 21-Jun 9	8:30 pm-9:30 pm
\$79(R)/\$91(N)	Ages: 16 +	Mola	Site: RPES

Belly (Mid Eastern) Dancing

Learn an exciting and ancient dance performed worldwide by men and women. Dancers move according to their interpretation of the music using the fine muscle control of the torso, arms and hips. Note: Wear exercise apparel and bring ballet slippers or dance in bare feet. Students enrolled in Advanced Beginning must have completed the Beginning course. 8 weeks.

Beginner

#10318	Thu	Apr 15-Jun 3	7 pm-8 pm
\$52(R)/\$60(N)	Ages: 14 +	Amara	Site: TCRC

Advanced Beginner

#10319	Thu	Apr 15-Jun 3	8 pm-9 pm
\$52(R)/\$60(N)	Ages: 14 +	Amara	Site: TCRC

Conversational Spanish I

This beginner conversational Spanish class will include pronunciation, comprehension and use of short everyday sentences. Emphasis will be on situations encountered by travelers and students in Spanish speaking countries.

8 weeks.

#10321	Wed	Apr 21-Jun 9	7 pm-9 pm
\$61(R)/\$70(N)	Ages: 16 +	Vera	Site: SC

Conversational Spanish Continuing

This continuation of basic Spanish will offer you an opportunity to further enhance your skills. Emphasis will be on pronunciation and comprehension using simple topics to give students command of idioms and vocabulary. Completion of Spanish I or similar experience is required.

6 weeks.

#10377	Mon	Apr 19-May 24	7 pm-9 pm
\$46(R)/\$53(N)	Ages: 16 +	Vera	Site: SC

Cybereducation

Now, on your own schedule and at your own pace, take enrichment classes from the comfort of your home or office. Read lessons, participate in tutorials, hold interactive discussions and meet online with the instructor and your fellow students in the on-line classroom. Each class is self-paced and open 24 hours per day so you will not have to be available at any specific time. Note: Course requirements include: Internet access and intermediate pc skills. Remember to include your e-mail address with your registration. For more information, visit www.gsinet.org

Organize or Agonize

Killing time? Throw it a lifeline. Successful well-organized people aren't just born that way. They have developed proper habits. Learn the how-to's in this online class.

#10323	Apr 27-Jun 11
\$49(R)/\$56(N)	Ages: 18 + Fugere

Parenting Your Parents

Do you feel overwhelmed by the prospect of taking care of your aging parents? Get the A to Z's of parent care in this online class.

#10328	Apr 27-Jun 11
\$49(R)/\$56(N)	Ages: 18 + Fugere

Biking Events

See Pages

24, 59 & 66

Dog Obedience

You CAN teach an old dog new tricks! Learn how to handle those problem pets or how to prevent young dogs from developing bad habits. Note: The trainer should be at least 12 years old and physically capable of handling the dog. Current vaccination is required. Family members are welcome to attend and participate in the training. Fee is per dog. Dogs of all ages welcome. Instructor will assist with individual behavior problems if time permits. Call weather line at 240-314-5023 for status of class.

Puppies up to 6 months old.

6 weeks.

#10330	Wed	Apr 21-May 26	6 pm-7 pm
\$33(R)/\$38(N)		All Ages	Site: SC

Basic for Dogs

For dogs 6 months old and older. 6 weeks.

#10331	Wed	Apr 21-May 26	7 pm-8 pm
\$33(R)/\$38(N)		All Ages	Site: SC

Easy Knit Tops for Beg. Knitters **NEW**

Learn how to cast on, knit, purl, cast off and follow a simple pattern! Knitting is a great craft and a great stress reliever. Join us for this easy to learn activity and create something all by yourself. Note: List of materials you will need to purchase will be given out at first class. \$10 supply fee for basics to get you started payable to the instructor at the first class.

4 weeks.

#10706	Tue	Apr 20-May 11	6:30 pm-8 pm
\$21(R)/\$24(N)		Ages: 16 + Bahr	Site: GMC

Hand Paint Wood Furniture

You don't have to be an artist to do this! Learn tricks and shortcuts with paints to create your own special piece of furniture. Note: \$20 supply fee payable to instructor. Bring a lightweight piece of furniture that you are able to carry to and from class.

6 weeks.

#10336	Wed	Apr 28 - Jun 2	7 pm-9:30 pm
\$69(R)/\$79(N)		Ages: 16 + Conover	Site: SC

Interior Decorating **NEW**

Ready to decorate or redecorate your home? Discover how you can change the mood of your home with color and lighting. Learn how to draw a room to scale, place furniture and use accessories. Take home your new project design complete with the layout of a room with furniture, fabric, color, flooring and custom drapes.

4 weeks.

#10444	Thu	May 6-27	7 pm-9 pm
\$36(R)/\$41(N)		Ages: 16 + Lin	Site: SC

Line Dancing

No experience is necessary. Just come, join in the fun and get some exercise too! You'll start with the basics and add steps and combinations as we go, including the cha-cha and the electric slide. This is a non-partner, self-paced dance activity. Dance to a variety of country, western and popular music! Note: Sneakers or soft-soled shoes required.

6 weeks.

#10337	Mon	Apr 19-May 24	7 pm-8 pm
\$38(R)/\$44(N)		Ages: 15 + Cunningham	Site: RPES

Line Dancing - Continuing **NEW**

Stay fit and use the dances and steps you've already learned. Dance for fun and fitness. A variety of music and steps are covered, including waltz, cha-cha, Country Western and popular music. This is a non-partner, self-paced dance activity. Participants must have some prior line dancing experience. Sneakers or soft-soled shoes required.

6 weeks.

#10693	Mon	Apr 19-May 24	8 pm-9 pm
\$38(R)/\$44(N)		Ages: 16 + Cunningham	Site: RPES

Signing with Baby

If your baby can wave 'bye-bye,' it's time to teach him/her more signs. Babies have a lot to say. Simple signing help babies and toddlers to communicate what they want, need and feel. Research shows that this technique decreases frustration and tantrums and may even help babies talk sooner. Note: Babysitting is available for course #10411. Call 240-314-8632 upon registration as spaces are limited.

4 weeks.

#10183	Thu	Apr 22-May 13	6:30 pm-7:30 pm
\$30(R)/\$35(N)		Ages: 18 + Goldberg	Site: LES

4 weeks.

#10411	Fri	Apr 23-May 14	11:15 am-12:15 pm
\$30(R)/\$35(N)		Ages: 18 + Rockhill	Site: TCRC

Watercolor Beginner

Learn all about watercolors and how to apply them. Paint both still life and creative works. Become a confident painter, one who takes chances and most importantly, has a good time doing so. Note: Individualized help with brushwork, technique and tools will be offered. Supply list will be mailed one week prior to class.

No class 5/31. 6 weeks.

#10400	Mon	Apr 19-May 24	7 pm-9:15 pm
\$59(R)/\$68(N)		Ages: 16 + Glickman	Site: SC



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Adult Fitness/Sports Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted. Call weather line at 240-314-5023 for status of class.

Abs On The Ball

Get toned-up and look and feel better in your summer clothes. Strengthen and firm abs and back muscles using a balance ball. Upper body work will be included. Note: Bring a balance ball and sticky mat.

No class 5/31. 6 weeks.

#10295 Mon Apr 19-May 24 5:30 pm-6:15 pm
\$33(R)/\$38(N) Ages: 16 + Hourihan Site: RTS

6 weeks.

#10375 Wed Apr 21-May 26 5:30 pm-6:15 pm
\$33(R)/\$38(N) Ages: 16 + Hourihan Site: SC

Aerobic Training

Move and groove into fitness! This versatile training program is set to music that will motivate you to get a well-balanced workout. Customized for you with optional exercise stations that include free weights, step aerobics, toning bands, line dancing, aerobic boxing, floor work and stretching.

#10558 Wed, Mon Apr 14-Jun 21 6:30 pm-7:30 pm
\$25(R)/\$30(N) Ages: 13+ Site: LPCC

Did you know...

The City of Rockville is offering discounted Ski Lift tickets to the following area resorts:

- Whitetail
- Ski Roundtop
- Liberty
- Windham

The lift ticket prices are the same for all resorts.

Weekday Lift	\$34
Weekend	\$43
Weekday Lift w/rental	\$67
Weekend Lift w/rental	\$76
*Learn to Ski/Snowboard Packages	\$65

*Not available at Windham

Cardio Box **NEW**

This non-contact workout utilizes a creative, easy-to-follow combination of punches, jabs, and kicks. Included are intervals of push-ups, ab crunches, jumping rope and more! This is a fun, high-energy workout for all fitness levels. Note: The King Farm class will be held outdoors, weather permitting. Call weather line at 240-314-5023 for status of class. Make-ups will be scheduled as needed. If a participant registers for two Cardio Box classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

#10413 Tue Apr 13-Jun 1 9 am-10 am
\$48(R)/\$55(N) Ages: 16 + Turner Site: KFP

#10554 Thu Apr 15-Jun 3 9 am-10 am
\$48(R)/\$55(N) Ages: 16 + Turner Site: KFP

#10555 Thu Apr 15-Jun 3 6 pm-7 pm
\$48(R)/\$55(N) Ages: 16 + Turner Site: LES

#10556 Tue Apr 13-Jun 1 6 pm-7 pm
\$48(R)/\$55(N) Ages: 16 + Turner Site: LES

Climbing for Adults - Beginner

Spend an evening learning the climbing basics and proper belay techniques. Work with experienced climbers who will show you movements for climbing and bouldering. Once you catch on you'll be ready for Open Climbing Nights on Tuesdays at the gym. All equipment is provided.

#10714 Mon Mar 22 7 pm-9:30 pm
\$36(R)/\$45(N) Ages: 18 + Site: CG

12th Annual
Wine Tasting Social

Presented by Rockville Sister City Corp.

Glenview Mansion
at the Rockville Civic Center Park

Friday, March 5
7:30 p.m. to 9:30 p.m.

Featuring White Wines of Asia,
the South Pacific & South Africa
served with refreshing appetizers.

Admission:

\$25 per person until 2/27, \$30
\$20 for RSSC members until 2/27, \$25
(RSSC Membership can be purchased at the event)

For information call

240-314-5029

<http://www.rocknet.org/Community/SisterCity/index.html>

Cross Training - WellFIT

Cross training is a great way to get to the next level in your fitness and wellness quest. Join us for one or more of these classes and experience the benefits from a variety of exercise routines.

WalkFIT

This is no leisurely stroll!!! Join us for invigorating outdoor interval walking with 1-5 pound handheld weights. Note: Class will be held indoors during inclement weather. Bring weights to class. Register by: 3/31. 8 weeks.

#10405 Sat Apr 17-Jun 5 10-10:45 am
\$32(R)/\$37(N) Ages: 16 + Archie Site: ESCC

SculptFIT

Become more mindful of your posture and train your core muscles. A combination of yoga and Pilates exercises will be used along with bands for resistance training. Note: Bring bands to class. Showers are available after class at the Rockville Municipal Swim Center. 8 weeks. No class 5/31.

#10406 Mon Apr 19-Jun 14 6:45 am-7:30 am
\$40(R)/\$46(N) Ages: 16 + Archie Site: RTS

DanceFIT – Beginners

Get a great cardiovascular workout while learning freestyle dance steps. This fun class also will include toning exercises for a great total body workout! Note: Bring 1-5 pound weights. 8 weeks.

#10407 Wed Apr 14-Jun 2 6:30 pm-7:30 pm
\$40(R)/\$46(N) Ages: 16 + Archie Site: JWMS

Fit at Fifty

Resistance training can increase bone density and metabolism, prevent diabetes and reverse the aging process. Under the supervision of a professional trainer, use free weights, Nautilus equipment, treadmill, bikes and stairs. Note: Classes are held at Rockville Sports and Health, 11650 Nebel St. and participants are entitled to use their facilities during the four-week class, offered on a one-time basis.

4 weeks.

#10144 Thu Apr 15-May 6 1 pm-2 pm
\$56(R)/\$64(N) Ages: 50 + Demorgiorgas-Sport & Health

Golf - Beginner

Get into the swing of golf and learn proper swing mechanics, golf etiquette and rules. Those owning clubs should bring them. Clubs are provided during class if needed. Call Pro Shop, 240-314-8730. Call weather line at 240-314-5023 for status of class. The first class will be held rain or shine.

Register by 3/24. 5 weeks.

#10147 Wed Apr 7-May 5 5:30 pm-6:30 pm
\$47(R)/\$54(N) Ages: 15 + Johnson Site: RMGC

Register by 3/24. 5 weeks.

#10148 Sat Apr 10-May 8 1 pm-2 pm
\$47(R)/\$54(N) Ages: 16 + Allard Site: RMGC

In-Line Skating for Adults - Beg.

Learn how to skate, stop, shift weight, develop balance, and fall and get up correctly in a fun, safe environment. Note: Participants must bring in-line skates (no roller or plastic skates permitted), wrist guards, elbow, kneepads and helmet. For equipment information, call Cindy at 301-365-2104. Call weather line at 240-314-5023 for status of class.

Register by: 3/31. 5 weeks.

#10151 Sat Apr 17-May 15 11:30 am-12:20 pm
\$32(R)/\$37(N) Ages: 16 + Hustead Site: ESCC

Indoor/Outdoor Climbing Class

Learn from the best of both worlds. Spend Friday evening at the indoor gym learning the basics of equipment and safety. Saturday morning the class will reconvene at one of the local climbing areas. Here you will learn how to use the skills you acquired the night before and put them into action in the outdoor environment. All equipment will be provided.

#10715 Fri Apr 23 7-9 pm / Sat Apr 24 9 am-4 pm
\$61(R)/\$76(N) Ages: 18 + Site: CG

Kick Boxing

This aerobic-type workout utilizes techniques from boxing, Tae Kwon Do and other martial arts. It emphasizes stretching, conditioning and an aerobic workout. Note: Classes held at World Karate Masters, 4935 Wyaconda Rd. Rockville.

No class 5/29. 10 weeks.

#10165 Sat Apr 17-Jun 26 10 am-10:45 am
\$52(R)/\$60(N) Ages: 14 + Latchinian

Slimnastics

Shape up and increase your flexibility and muscles with well-planned isotonic exercises. There is no running or jumping in class. Classes are designed to maintain fitness, improve muscle strength and reduce sports injuries. Note: Bring a mat to class. If a participant registers for two Slimnastic classes, a \$5 discount may be applied to one class. To receive a discount, register by mail, fax or in-person.

8 weeks. No class 5/31.

#10184 Mon Apr 19-Jun 14 10 am-11 am
\$38(R)/\$44(N) Ages: 15 + Creamer Site: FSFT

10 weeks.

#10185 Thu Apr 15-Jun 17 6:30 pm-7:30 pm
\$48(R)/\$55(N) Ages: 15 + Creamer Site: ESCC

9 weeks.

#10186 Fri Apr 16-Jun 11 10 am-11 am
\$43(R)/\$49(N) Ages: 15 + Creamer Site: FSFT

10 weeks.

#10187 Wed Apr 14-Jun 16 10 am-11 am
\$48(R)/\$55(N) Ages: 15 + Creamer Site: ESCC

ADULTS

SPRING 2004

Fitness Classes

Registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted. All classes are taught by Totally Fit Inc. instructors. Register for three of the following classes and receive a \$7 discount: #10139, #10142, #10493 & #10195. To receive a discount, register by mail, fax or in-person.

Body Sculpting

Pump-up your metabolism! This non-aerobic, high-energy workout focuses on muscular strength and endurance using hand-held weights, steps and various other resistance forms. You will love the way you look and feel! Note: Wear aerobic shoes, comfortable clothing and bring 3-5 pound weights.

10 weeks.

#10139 Tue Apr 13-Jun 15 6:15 pm-7:15 pm
\$50(R)/\$58(N) Ages: 15 + Quintiere Site: SC

Combo Step Aerobics

Enjoy a great cross training workout including low impact aerobics, step aerobics and strength training. Prepare your muscles for a new diversion each week. Note: Bring weights and a towel or mat to class.

No class 5/29. 9 weeks.

#10142 Sat Apr 17-Jun 19 9 am-10 am
\$45(R)/\$52(N) Ages: 16 + Rourke Site: SC

REP Reebok™ **NEW**

Enjoy a simple and effective way to improve strength and definition of muscle groups. Pre-choreographed workout includes routines to strengthen all muscles, designed to benefit all fitness levels. Step platform and free weights are used. Note: Steps are provided.

10 weeks.

#10493 Thu Apr 15-Jun 17 6:15 pm-7:15 pm
\$55(R)/\$63 Ages: 15 + Quintiere Site: SC

Step Aerobics

For that extra fitness push, join us in a low-impact cardiovascular workout using a step platform (which is provided). Enjoy this high energy and invigorating workout. All levels welcome.

10 weeks.

#10195 Tue Apr 13-Jun 15 5:30 pm-6:15 pm
\$50(R)/\$58(N) Ages: 15 + Quintiere Site: SC

Core Strength

Challenge yourself with exercises that will burn the calories, strengthen the core muscles and improve balance. Exercises emphasize legs, abs, back and some upper body. This program allows you to work at your own level and is appropriate for both athletes and non athletes. Note: Bring your weights and a mat to class.

Stroll and Tone®- Mom/Baby

You're tired. But you can do it, Mom! Exercise outdoors with a personal trainer whose specialty is to help moms lose their pregnancy weight. In this intense workout, stretch, power walk, tone and sweat. All you need to bring is your baby/toddler in a stroller and a towel or mat. Call the weather line at 240-314-5023 for status of class if weather is questionable.

8 weeks.

#10197 Thur Apr 15-Jun 3 12 noon-1 pm
\$99(R)/\$114(N) Ages: 18 + Karabaic Site: KFP

Tennis for Adults - Adv. Int.

For the player who easily can sustain a rally at moderate pace but lacks variety in shot making. Learn spin, second serve, drop shots and more advanced drills for lobs and overheads. Hand signals for doubles, alternate formations in doubles and attacking volleys are taught. (NTRP rating 3.5-4.0). Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Register by: 3/31. 5 weeks.

#10204 Sat Apr 17-May 15 9 am-10:30 am
\$54(R)/\$62(N) Ages: 16 + Zatman Site: BAP

Tennis for Adults - Beginner

Learn fundamentals including basic grips and strokes (forehand, backhand, serve and volley). Rules and scoring are taught. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class. Register by: 3/31. 5 weeks.

#10205 Mon Apr 19-May 17 6 pm-6:50 pm
\$36(R)/\$41(N) Ages: 16 + Illanes Site: DP

#10206 Sat Apr 17-May 15 11:15 am-12:05 pm
\$36(R)/\$41(N) Ages: 16 + Zatman Site: MCCP

#10207 Thu Apr 15-May 13 4 pm-4:50 pm
\$36(R)/\$41(N) Ages: 16 + Pu Site: KFP

Tennis for Adults - Intermediate

For players who can sustain a slow rally but still lack control and depth when hitting with pace. Learn top spin and slices, approach shots, return of serves, lobs and overheads. Percentage tennis, winning tactics and advanced strategy in singles and doubles are taught. (NTRP Rating 3.0-3.5) Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Register by: 3/31. 5 weeks.

#10208 Wed Apr 14-May 12 7 pm-8:30 pm
\$54(R)/\$62(N) Ages: 16 + Baker Site: WGP

#10760 Mon Apr 19-May 24 6:15 pm-7:15 pm
\$30(R)/\$35(N) Ages: 16 + Sparer Site: ESCC

Tennis for Adults - Novice

For players who have a fundamental knowledge of tennis and are familiar with grips and strokes. This player has difficulty sustaining a rally and cannot control the ball consistently. Learn and review basic strokes, directional hitting, lobs and basic strategy for singles and doubles. Note: Participants should bring a racquet; balls are provided. Call weather line at 240-314-5023 for status of class.

Register by: 3/31. 5 weeks.

#10209	Mon	Apr 19-May 17	7 pm-7:50 pm
\$36(R)/\$41(N)	Ages: 16 +	Illanes	Site: DP

Register by: 3/31. 5 weeks.

#10210	Thu	Apr 15-May 13	5 pm-5:50 pm
\$36(R)/\$41(N)	Ages: 16 +	Pu	Site: KFP

Total Fitness

Enjoy an invigorating workout that incorporates cardio fitness, strength training and conditioning. This exercise program will help strengthen your upper and lower body, abdominals and improve your agility. All fitness levels welcome since program may be modified to meet your individual needs. Note: Bring your personal weights to class. 7 weeks.

No class 5/31.

#10408	Mon	Apr 19-Jun 14	6:30 pm-7:30 pm
\$48(R)/\$55(N)	Ages: 16 +	Hadeed-EATS	Site: JWMS

#10409	Thu	Apr 15-Jun 3	6:30 pm-7:30 pm
\$48(R)/\$55(N)	Ages: 16 +	Hadeed-EATS	Site: JWMS

Weight Training

Come work out and look your best. Let our facility trainer assist you in customizing the workout just for you. Free weights, treadmills, stair-climbers and other great exercise equipment are available to help you get that special workout.

#10528	Mon-Fri	Apr 13-Sep 13	7:30 pm-8:30 pm
\$25(R)/\$30(N)	Ages: 13 +		Site: LPCC



Rockville Sister City Corp.

Sister Cities with Pinneberg, Germany
Since 1957 Building Friendships Across the Sea

JOIN TODAY!

Individuals \$15

Family Memberships only \$25

Call 240-314-5029 for more information.

<http://www.rocknet.org/community/sistercities/index.html>

Internal Arts and Martial Arts

Today, more and more people are focusing on preventive health care based on body/mind/spirit integration. Meditative activities have been practiced for centuries and are known to promote physical and mental well-being. Note: Wear comfortable clothing.

Nia - Movement/Fitness

If you are looking for a new way to relax, stay fit and enjoy life just a little bit more, find out what Nia can do for you. It is based on movements that strengthen, open, realign, balance, invigorate and heal the body, mind and spirit. Note: All fitness levels welcome and no previous experience necessary. Wear loose-fitting clothing. Class may be held barefoot. Bring a water bottle and a mat.

No class 5/31. 8 weeks.

#10338	Mon	Apr 19-Jun 14	6:30 pm-7:45 pm
\$74(R)/\$85(N)	Ages: 16 +	Liss	Site: TCRC

9 weeks.

#10379	Wed	Apr 14-Jun 9	6:30 pm-7:45 pm
\$83(R)/\$95(N)	Ages: 16 +	Liss	Site: SC

Pilates

Enjoy a no-impact, mind/body workout that trains core muscles that stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles and will improve posture, abdominal strength, balance and flexibility. Note: Appropriate for all fitness levels. Bring a mat to class.

6 weeks.

#10168	Wed	Apr 14-May 19	7:30 pm-8:30 pm
\$50(R)/\$58(N)	Ages: 16 +	Hallman	Site: TCRC

6 weeks.

#10169	Wed	Apr 14-May 19	6:30 pm-7:30 pm
\$50(R)/\$58(N)	Ages: 16 +	Hallman	Site: TCRC

8 weeks.

#10170	Wed	Apr 14-Jun 2	7 pm-8 pm
\$66(R)/\$76(N)	Ages: 16 +	Peterson	Site: ESCC

Self-Defense for Women

Anticipating an attack can be the best type of self-defense. Learn safety tips and skills needed for handling various attacks 'on the streets' using the opponent's weakness instead of your own strength. Practice using pressure points, getting out of holds, chokeholds, basic countering to weapons and self-defense. Note: Classes held at World Karate Masters, 4935 Wyaconda Rd. Rockville.

10 weeks.

#10182	Tue	Apr 13-Jun 15	7:30 pm-8:30 pm
\$49(R)/\$56(N)	Ages: 15 +	Latchinian	

ADULTS

SPRING 2004

T'ai Chi Ch'uan

Promote your physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, you will tone your sinews and gently massage your spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

8 weeks.

#10198	Wed	Apr 14-Jun 2	7:45 pm-8:45 pm
\$48(R)/\$55(N)		Ages: 18 +	Sambuco Site: SC

Tae Kwon Do

This co-ed course teaches the basics, from warm-ups and stretches to kicks, blocks, punches, combinations and conditioning. Improve your fitness level, muscle tone, flexibility, strength and self-defense skills at the same time you learn about Tae Kwon Do. Note: Classes held at World Karate Masters, 4935 Wyaconda Rd. Rockville.

10 weeks.

#10203	Thu	Apr 15-Jun 17	8 pm-9 pm
\$449(R)/\$56(N)		Ages: 15 +	Latchinian

Yoga - Beginner and Continuing

Energize the body, balance the emotions, focus the mind and renew the spirit after a busy workday by learning this gentle flowing style of movement. Learn how to increase your flexibility, strength and agility through breath work, visualization and block release movements. Note: All levels of experience are welcome. Bring a sticky mat and blanket to class.

10 weeks.

#10363	Tue	Apr 13-Jun 15	6:15 pm-7:15 pm
\$74(R)/\$85(N)		Ages: 15 +	Smith Site: TCRC

10 weeks.

#10364	Tue	Apr 13-Jun 15	7:30 pm-8:30 pm
\$74(R)/\$85(N)		Ages: 15 +	Smith Site: TCRC

Yoga - Energizing Your Morning **NEW**

Energize your body for the day with a flow yoga class for beginners and intermediate. We will gently warm up the body with flowing yoga postures that help stretch and tone your body and stimulate your metabolism. You will leave ready to take on your day! Bring a yoga mat and water to class.

No class 6/1. 7 weeks.

#10745	Tue	Apr 27-Jun 15	6:15 am-7:15 am
\$52(R)/\$60(N)		Ages: 16 +	Bowen Site: TCRC

Yoga - Intermediate

Strengthen, tone and stretch muscles and joints while releasing tension and relaxing the mind. Yoga exercise starts gradually and works on every part of the body. Note: Bring a mat to class. The intermediate level is for physically fit participants or for those with previous experience. New Yoga students should register for Gentle Hatha Yoga.

10 weeks.

#10366	Thu	Apr 15-Jun 17	7:45 pm-9 pm
\$74(R)/\$85(N)		Ages: 15 +	Miller Site: SC

Yoga - Mother and Child **NEW**

Promote well being for you and your baby. Practice gentle relaxation postures to increase self awareness and self esteem. Meet other mothers while you bond with your child. Class is designed for mothers and their 3 month to 1 year old child.

4 weeks.

#10726	Tue	May 4-25	4 pm-5 pm
\$25(R)/\$29(N)		Ages: 18 +	TBA Site: SC

Yoga for Strength, Wholeness & Health

Enjoy a powerful and effective form of yoga consisting of a strenuous workout including vigorous stretches and held postures alternated with breathing, relaxation and visualization. This is specially suited for busy people who want to stay calm, bright and centered in a high-energy world. Note: Bring a mat or blanket to class.

10 weeks.

#10369	Tue	Apr 13-Jun 15	7 pm-8:15 pm
\$74(R)/\$85(N)		Ages: 16 +	Ruffieux Site: ESCC

Yoga Gentle Hatha - Beginner

Practice gentle stretching and strengthening exercises for the whole body as well as deep relaxation and breathing techniques for releasing tension. Ideal for beginning yoga students, people who need to work with more awareness on specific areas, anyone feeling tense and senior citizens in good health. Note: Those with injuries should consult a physician prior to registration. Bring a mat to class.

8 weeks.

#10370	Thu	Apr 22-Jun 10	6:30 pm-7:30 pm
\$59(R)/\$68(N)		Ages: 15 +	Gada Site: FES

10 weeks.

#10371	Thu	Apr 15-Jun 17	6:15 pm-7:30 pm
\$74(R)/\$85(N)		Ages: 15 +	Miller Site: SC

No class 5/31. 8 weeks.

#10372	Mon	Apr 19-Jun 14	6:15 pm-7:15 pm
\$59(R)/\$68(N)		Ages: 15 +	Gada Site: MCCC

No class 5/15 & 5/29. 6 weeks.

#10383	Sat	Apr 24-Jun 12	9:30 am-10:30 am
\$52(R)/\$60(N)		Ages: 15 +	Suryavanshi Site: SC

8 weeks.

#10748	Wed	Apr 21-Jun 9	7 pm-8 pm
\$59(R)/\$68(N)		Ages: 15 +	Hannon Site: LES

Yoga-lates

We combine the best of Yoga and Pilates so you can have a terrific energizing workout to both your mind and body. Join us and experience the core strengthening exercises of Pilates combined with many Yoga postures.

No class 6/2. 7 weeks.

#10401	Wed	Apr 28-Jun 16	12:15 pm-1:15 pm
\$52(R)/\$60(N)		Ages: 16 +	Bowen Site: TCRC

Adult Sports

Softball - Co-Rec

Open to all high school graduates 18 years or older.

Reverse Softball

C Level softball single games - men bat opposite their normal stance.

#9862	Fri	Apr 23-Jul 23	6 pm-10 pm
\$585	Ages: 18 +		Site: BAP

Softball - Men's

Open to all high School graduates 18 years or older.

C Doubleheader

Men's C level Doubleheaders 20 games

#9866	Su, M, Tu, W, Thu	Apr 18-Sep 2	5 pm-10 pm
\$810	Ages: 18 +		Site: BAP

D Doubleheader

Men's D Level Doubleheaders 20 games

#9867	Mon, Tue, Wed	Apr 19-Sep 1	6 pm-10 pm
\$810	Ages: 18 +		Site: BAP

D Single Games

Men's D Level Single Games 14 games

#9868	Thu	Apr 22-Sep 2	6 pm-10 pm
\$585	Ages: 18 +		Site: BAP

C/D Doubleheader

Men's C/D Level Doubleheaders 20 games

#9869	Su, M, Tu, W, Th	Apr 18-Sep 2	5 pm-10 pm
\$810	Ages: 18 +		Site: BAP

Softball - Women's

Open to all high school graduates 18 years or older.

C Level Softball

C level 14 games

#9871	Thu	Apr 22-Jul 22	6 pm-10 pm
\$585	Ages: 18 +		Site: MTSAP

Volleyball - Sand Co-Rec

Open to all high school graduates 18 years and older.

Sand Co Rec Volleyball

Single games 8 weeks

#9872	Thu	Apr 21-Jun 9	6 pm-8 pm
\$160	Ages: 18 +		Site: CGP



LESSONS.. LESSONS.. LESSONS

If you're interested in learning golf, or just improving your game, lessons are available from RedGate's teaching pro, Marty Johnson...Call 240-314-8734 for details!!!

RedGate Municipal Golf Course 240-314-8730

RESERVATION POLICY:

1. Reservations are taken 14 days in advance. All reservations are for 18 holes only.
2. We reserve every other tee time. Walk-ins are welcome.
3. To reserve a tee time through the internet: www.rockvillemd.gov and click on RedGate.
4. To make a tee time by phone, call 240-314-8730 and press <3>.
5. On the day of play, phone after 9 a.m. to reserve an 18 hole tee time. A Visa or Master Card is required.
6. To cancel a tee time or reduce the number of players, a two hour notice must be given in order not to be charged.
7. Reserved times for 18 holes are taken only for twosomes, threesomes and foursomes.

REDGATE GREENS FEES:

9 HOLES:

9 Holes, Mon-Thurs	\$19.00
9 Holes Resident, Mon-Thurs	\$17.00
9 Holes - Fri/Sat/Sun/Holidays	\$21.00
9 Holes - Residents, Fri/Sat/Sun/Holidays	\$19.00

Juniors and Seniors

Juniors - 9 Holes, Mon-Fri	\$15.00
Juniors - 9 Holes Resident, Mon-Fri	\$13.00
Seniors - 9 Holes, Mon-Fri	\$16.00
Seniors - 9 Holes Resident, Mon-Fri	\$14.00

18 HOLES:

18 Holes, Mon-Thurs	\$31.00
18 Holes Resident, Mon-Thurs	\$28.00
18 Holes - Fri/Sat/Sun/Holidays	\$35.00
18 Holes - Residents, Fri/Sat/Sun/Holidays	\$32.00

Juniors and Seniors

Juniors - 18 Holes, Mon-Fri	\$25.00
Juniors - 18 Holes Resident, Mon-Fri	\$23.00
Seniors - 18 Holes, Mon-Fri	\$26.00
Seniors - 18 Holes, Residents, Mon-Fri	\$24.00

Cart Fees: 9 Holes: \$9.50 - 1 person \$19 - 2 people
18 Holes: \$14 - 1 person \$28 - 2 people

NEW THIS YEAR

Multiplay Cards

Buy 10 and receive five 18-hole rounds for free!

*Mon-Thurs	\$310.00
*Resident, Mon-Thurs	\$280.00
*Seniors may use card their card on Fridays.	

Juniors - Mon-Thurs	\$250.00
Juniors - Resident, Mon-Thurs	\$230.00

Buy 10 and receive four 18-hole rounds for free!

7 Day	\$350.00
Resident, 7 Day	\$320.00

ADULTS

SPRING 2004

Adult Trips

Registration for these trips begins today. One week prior to trip, a letter with specific information will be mailed to each participant. If you do not receive one, call 240-314-8641. Most of our outdoor activities require some degree of physical fitness. If you are unsure of your abilities, or need tips on how to dress for an activity, please call the Outdoor Programs staff at 240-314-8641. Note: Participants under 18 years old must be accompanied by an adult.

Antiques & History in Frederick

Join us for a walking tour of Frederick, Maryland, featuring a 33-block historic district with noteworthy examples of architecture from the 18th and 19th centuries. Enjoy the numerous specialty and antique shops and restaurants. There will be plenty of time for browsing and lunching. Note: Cost includes tour fees, transportation and leadership. Register by: 4/14.

#10499 Sat Apr 24 10 am-5 pm
\$40(R)/\$51(N) Ages: 8 + Depart from: Rockville City Hall

Bay Bridge Walk 2004

Check out the beautiful Chesapeake Bay from a unique vantage point. Join us for the annual 4.5-mile Bay Bridge Walk. We will drive over to the eastern shore, walk back over the bridge and then ride the shuttle back to where we started. Note: Pack a lunch and a beverage to enjoy after the walk. Register by: 4/20.

#10520 Sun May 2 8:30 am-5 pm
\$35(R)/\$45(N) Ages: 8 + Depart from: Rockville City Hall

Chesapeake Skipjack Sail

Sail back into history aboard the Rebecca T. Ruark, the oldest skipjack on the Chesapeake Bay. Spend two hours with the entertaining Captain Wade, a third-generation waterman, hoisting sails, throwing a line, steering to an oyster bar, observing an oyster dredging demonstration and learning about the ecology of the Bay. Note: Bring money for a stop at a seafood restaurant on the way home! The cost includes transportation, leadership and fees. Register by: 4/28.

#10474 Sat May 8 12:30 pm-10 pm
\$78(R)/\$90(N) Ages: 8 + Depart from: Rockville City Hall

Kayak the Piscataway

Piscataway Creek has been home to Native American tribes and host to George Washington. Now this quiet Potomac tributary is surrounded by protected parklands. It's a great place to see bald eagles, osprey, beaver, turtles and Great Blue Herons. We'll kayak in the morning and picnic in the afternoon in Ft. Washington National Park. Note: All equipment is provided, just bring your picnic lunch. Cost includes outfitter's fees, transportation and leadership. Register by: 5/12.

#10475 Sat May 22 7:30 am-5 pm
\$76(N)/\$95(N) Ages: 12 + Depart from: Rockville City Hall

Spring Mountain Hike

Put on your hiking boots and head up to the Frederick watershed for this 8-mile circuit hike. The mountain laurel should be in full bloom adding to the beautiful scenery. This is a moderately difficult route over hilly and rocky terrain. Note: Bring your own picnic lunch. Cost includes transportation and leadership. Register by: 5/25.

#10668 Sun Jun 13 8 am-5 pm
\$38(R)/\$47(N) Ages: 8 + Depart from: Rockville City Hall

The Producers Comes to D.C.

Everything you've heard about this wonderful play is true! Join us in center orchestra seats at the Kennedy Center's Opera House for *The Producers*! Experience the biggest Tony Award winner in Broadway history, directed and choreographed by five-time Tony Award winner Susan Stroman. Register early. Tickets are selling out! Note: Cost includes ticket, transportation and leadership. Register by: 6/15.

#10518 Sat Jul 24 12 noon-6 pm
\$100(R)/\$115(N) Ages: 10 + Depart from: Rockville City Hall

**For more trips,
see page 15-16**

**RUN UNDER THE LIGHTS**

Every Wednesday night, with the exception of school holidays and school closings due to inclement weather, the lights are turned on at the Richard Montgomery HS track. Montgomery County Road Runner Club personnel will be there and can help you set up a running or walking program.

Note: Everyone is welcome but ages 16 and under must be accompanied by an adult.

Registration by: Registration is open every Wed. night at RMHS.

Free Dates: Every Wednesday through 4/14, 7-8:30 pm



Appalachian Trail Hiking Series

Families and individuals can catch a glimpse of Maryland's history and folklore while enjoying these outings. The Appalachian Trail in Maryland has been divided into seven sections for day hikes. Earn a certificate and patch by hiking all seven sections. The trip leader will interpret points of interest. Wear broken-in hiking boots or sturdy shoes. Bring your lunch, rain gear and drinking water. Participants must be able to hike two miles over rocky hills without a break and complete the distance indicated. The cost includes transportation and leadership.

AT Hike #1 - High Rock to Route 16

Enjoy this six-mile hike that starts with a panoramic view at High Rock. Cross the Mason-Dixon Line and pass the 91st milestone laid in 1776. Hike through a hemlock forest and finish at a freshwater spring. Note: Cost includes transportation and leadership. Register by: 4/7.

#10461 Sat Apr 17 8 am-5 pm
\$30(R)/\$40(N) Ages: 8 + Depart from: Rockville City Hall

AT Hike #2 - High Rock to Route 77

See Buzzard's Knob outcroppings, eat lunch at Little Antietam Creek, scramble over Devils Racecourse rock formations and pass a spruce forest. This portion of the Appalachian Trail features six and a half miles of moderate terrain with some hills. Note: Cost includes leadership and transportation. Register by: 5/1.

#10460 Sat May 15 8 am-5 pm
\$30(R)/\$37(N) Ages: 8 + Depart from: Rockville City Hall

Women on the Move



If you are a woman over the age of 30 and would like to participate in outdoor activities without the pressure to 'keep-up' with those half your age...you are a candidate for Women on the Move. Each season, basic trips are offered geared to novices who have a desire to become more physically active in the outdoors. These trips do require effort, but the friends you meet and the sights you see make it all worthwhile! For more information, call 240-314-8641.

Sugarloaf Adventure

If you've never climbed before and want to learn basic skills in a relaxed atmosphere, this is the perfect experience. You will hike to the climbing area, learn how to put on a harness, tie into the rope, belay for a partner and climb! Cost includes all equipment, leadership and transportation. Just bring your lunch and a beverage. Register by: 4/20.

#10512 Sat May 1 8 am-5 pm
\$51(R)/\$63(N) Ages: 30 + Depart from: Rockville City Hall

Say Spa...aahhh!

What do you get when you combine a scenic morning hike with an afternoon spa visit? An invigorating day of pampering! A trek through the woods at Cacapon State Park in West Virginia will prepare you for a visit to nearby historic Berkeley Springs to ease tired muscles with a massage. Note: Lunch is on your own in this quaint town. Cost includes transportation, leadership and a 45-minute massage. Register by: 3/8.

#10531 Sat Mar 20 8 am-7 pm
\$90(R)/\$100(N) Ages: 30 + Depart from: Rockville City Hall



HAVE A BALL

Get Involved in Adult Team Sports
Men's Softball • Women's Softball • Co-Rec Softball

Got a team together?

Send us your name and address - we'll place you on the mailing list for complete information about the league of your choice. Teams that participated last year are currently on our mailing lists.

Want to join a team?

Send us your name, day and evening phone numbers - we'll place you on a list made available to coaches in the league of your choice.

League play begins:

April 25 - Men's Softball • April 22 - Woman's Softball • April 23 - Co-Rec Softball

Mail your information to: Department of Recreation and Parks, City of Rockville, 111 Maryland Ave., Rockville MD 20850 ATTN: Sports Division. Be sure to indicate in which league you are interested or visit our Web site: www.rockvillemd.gov and click on *Recreation*.